WHAT IS CLAIMED IS:

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1. A Liquid ejecting method for ejecting liquid using a bubble, comprising the steps of:

using a liquid ejecting head having an

5 ejection outlet for ejecting the liquid, a bubble
generating region where a bubble is generated in the
liquid, a movable member which is disposed faced to
said bubble generating region, and which is
displaceable between a first position and a second

10 position farther from the bubble generating region
than the first position and which has a free end at a
downstream side thereof;

displacing the movable member from said first position to said second position by pressure based on generation of the bubble in said bubble generating region, wherein said bubble expands more to the downstream side than to the upstream side with respect to a direction toward said ejection outlet by the displacement of said movable member, thus directing said bubble toward said ejection outlet to eject the liquid through the ejection outlet; and

imparting an operation to said liquid ejecting head to normalize a state of the liquid in a liquid flow path for the liquid at least before liquid ejection start or at the time of non-ejection of the liquid.

2. A method according to Claim 1, wherein said operation includes discharging said liquid other than ejecting said liquid on the basis of recording information.

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3. A method according to Claim 2, wherein a condition of said discharging is changed in accordance with an output of ejection state detecting means for detecting ejection state of said liquid.

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4. A method according to Claim 2, wherein a condition of said discharging is changed in accordance with an output of ejection liquid viscosity detecting means for detecting an ejection liquid viscosity.

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5. A method according to Claim 2, wherein a condition of said discharging is changed in accordance with an output of non-ejection period detecting means for detecting non-ejection period.

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- 6. A method according to Claim, 2 wherein a condition of said discharging is changed in accordance with an output of ejection liquid temperature estimation means for estimating an ejection liquid temperature.
 - 7. A method according to Claim 2, wherein a

condition of said discharging is changed in accordance with an output of ambience humidity detecting means for detecting an ambience humidity.

- 8. A method according to Claim 2, wherein a condition of said discharging is changed in accordance with an output of ejection liquid density detecting means for detecting an ejection liquid density.
- 9. A method according to Claim 2, wherein a discharging condition of said liquid is number of ejections.
- 10. A method according to Claim 2, wherein a discharging condition of said liquid is a pulse width of bubble generation energy application pulse.
- 11. A method according to Claim 2, wherein a discharging condition of said liquid is a bubble 20 generation energy applying voltage.
 - 12. A method according to Claim 2, wherein a discharging condition of said liquid is a plurality of pulse widths of bubble generation energy.

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13. A method according to Claim 1, wherein said operation includes heating said liquid.

- 14. A method according to Claim 13, wherein said heating is effected using heating means provided in a substrate having bubble generation means for forming said bubble generating region.
- 15. A method according to Claim 13, wherein said heating is effected through a supporting member for supporting said movable member in the form of cantilever.
- 16. A method according to Claim 15, wherein said supporting member includes a separation wall for separating the liquid flow path in fluid communication with said ejection outlet and said bubble generating region.
- 17. A method according to Claim 1, wherein said operation includes vibrating said movable member without ejecting said liquid through said ejection outlet.
- 18. A method according to Claim 17, wherein bubble generation is started to eject the liquid while 25 a meniscus of the liquid is at the ejection outlet is outward beyond a position in a rest state by the vibration of said movable member.

- 19. A method according to Claim 17, wherein bubble generation is started to eject the liquid while a meniscus of the liquid is at the ejection outlet is inward beyond a position in a rest state by the vibration of said movable member.
- 20. A method according to Claim 17, wherein said vibration is caused by applying energy to bubble generation means, which is lower than that for ejecting the liquid.
- 21. A method according to Claim 20, wherein said applied energy is lowered by decreasing a pulse width thereof.
 - 22. A method according to Claim 20, wherein said applied energy is lowered by decreasing a voltage level thereof.

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- 23. A method according to Claim 17, wherein said bubble generation means has a plurality of heat generating elements, and said vibration is caused by one of said heat generating elements which generates bubble not enough to eject said liquid.
 - 24. A liquid ejection apparatus, using a

liquid ejection h ad having an ejection outlet for ejecting the liquid, a bubble generating region where a bubble is generated in the liquid, a movable member which is disposed faced to said bubble generating region, and which is displaceable between a first position and a second position farther from the bubble generating region than the first position and which has a free end at a downstream side thereof;

said first position to said second position by
pressure based on generation of the bubble in said
bubble generating region, wherein said bubble expands
more to the downstream side than to the upstream side
with respect to a direction toward said ejection
outlet by the displacement of said movable member,
thus directing said bubble toward said ejection outlet
to eject the liquid through the ejection outlet; the
improvement comprising:

driving means for imparting an operation to
20 said liquid ejecting head to normalize a state of the
liquid in a liquid flow path for the liquid at least
before liquid ejection start or at the time of nonejection of the liquid.

25. An apparatus according to Claim 24, wherein said driving means discharges said liquid other than ejecting said liquid on the basis of

recording information.

- 26. An apparatus according to Claim 25, wherein a condition of said discharging is changed in accordance with an output of ejection state detecting means for detecting ejection state of said liquid.
- 27. An apparatus according to Claim 25, wherein a condition of said discharging is changed in accordance with an output of ejection liquid viscosity detecting means for detecting an ejection liquid viscosity.
- 28. An apparatus according to Claim 25,

 wherein a condition of said discharging is changed in accordance with an output of non-ejection period detecting means for detecting non-ejection period.
- 29. An apparatus according to Claim 25,

 wherein a condition of said discharging is changed in accordance with an output of ejection liquid temperature estimation means for estimating an ejection liquid temperature.
- 30. An apparatus according to Claim 25, wherein a condition of said discharging is changed in accordance with an output of ambience humidity

detecting m ans for d tecting an ambience humidity.

- An apparatus according to Claim 25, 31. wherein a condition of said discharging is changed in accordance with an output of ejection liquid density detecting means for detecting an ejection liquid density.
- 32. An apparatus according to Claim 25, wherein a discharging condition of said liquid is 10 number of ejections.
- An apparatus according to Claim 25, wherein a discharging condition of said liquid is a 15 pulse width of bubble generation energy application pulse.
- 34. An apparatus according to Claim 25, wherein a discharging condition of said liquid is a bubble generation energy applying voltage. 20
 - 35. An apparatus according to Claim 25, wherein a discharging condition of said liquid is a plurality of pulse widths of bubble generation energy.

36. A liquid ejecting head for ejecting

liquid using a bubble, comprising:

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an jection outlet for ejecting the liquid:

a bubble generating region for generating the bubble in the liquid:

a movable member which is disposed faced to

5 said bubble generating region, and which is
displaceable between a first position and a second
position farther from the bubble generating region
than the first position and which has a free end at a
downstream side thereof;

wherein the movable member is displaced from said first position to said second position by pressure based on generation of the bubble in said bubble generating region, wherein said bubble expands more to the downstream side than to the upstream side with respect to a direction toward said ejection outlet by the displacement of said movable member, thus directing said bubble toward said ejection outlet to eject the liquid through the ejection outlet; and

means for changing a state of said liquid by
20 changing a temperature of said liquid.

37. A liquid ejection head according to

Claim 36, wherein said temperature changing is

effected using heating means provided in a substrate

25 having bubble generation means for forming said bubble generating region.

38. A liquid j ction head according to Claim 38, wherein said temperature changing is effected through a supporting member for supporting said movable member in the form of cantilever.

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- 39. A liquid ejection head according to
 Claim 39, wherein said supporting member includes a
 separation wall for separating the liquid flow path in
 fluid communication with said ejection outlet and said
 bubble generating region.
 - 40. A liquid ejecting apparatus comprising a liquid ejecting head as defined in any one of Claims 30-39, and recording material feeding means.

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41. A liquid ejecting head for ejecting liquid using a bubble, comprising:

an ejection outlet for ejecting the liquid:

a bubble generating region for generating the 20 bubble in the liquid:

a movable member which is disposed faced to said bubble generating region, and which is displaceable between a first position and a second position farther from the bubble generating region than the first position and which has a free end at a downstream side thereof;

wherein the movable member is displaced from

said first position to said s cond position by
pressure based on generation of the bubble in said
bubble generating region, wherein said bubble expands
more to the downstream side than to the upstream side
with respect to a direction toward said ejection
outlet by the displacement of said movable member,
thus directing said bubble toward said ejection outlet
to eject the liquid through the ejection outlet; and

liquid moving means for changing a state of said liquid by moving said liquid without ejecting said liquid.

- 42. A liquid ejection head according to Claim 41, wherein said moving means vibrates said movable member, wherein the vibration is caused by applying energy to bubble generation means, which is lower than that for ejecting the liquid.
- 43. A liquid ejection head according to
 20 Claim 42, wherein said applied energy is lowered by
 decreasing a pulse width thereof.
 - 44. A liquid ejection head according to Claim 42, wherein said applied energy is lowered by decreasing a voltage level thereof.
 - 45. A liquid ejection head according to

Claim 45, wh rein said bubble generation means has a plurality of heat generating elements, and said vibration is caused by one of said heat generating elements which generates bubble not enough to eject said liquid.

46. A liquid ejection apparatus using a liquid ejection head as defined in any one of Claims 41-45.

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47. A liquid ejection apparatus for ejecting liquid, comprising:

a liquid ejecting head having an ejection outlet for ejecting the liquid, a bubble generating region where a bubble is generated in the liquid, a movable member which is disposed faced to said bubble generating region, and which is displaceable between a first position and a second position farther from the bubble generating region than the first position and which has a free end at a downstream side thereof;

wherein the movable member is displaced from said first position to said second position by pressure based on generation of the bubble in said bubble generating region, wherein said bubble expands more to the downstream side than to the upstream side with respect to a direction toward said ejection outlet by the displacement of said movabl member,

thus directing said bubble toward said ej ction outlet to eject the liquid through the ejection outlet; and

energy increasing means for making larger
bubble generation energy for ejecting at least during
a predetermined period from ejection start than
thereafter.

- 48. An apparatus according to Claim 47, wherein said increasing means increases a pulse width 10 the energy.
 - 49. An apparatus according to Claim 47, wherein said increasing means increases a voltage level the energy.

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- 50. An apparatus according to Claim 47, wherein said increasing means applies a plurality of pulses.
- 20 51. An apparatus according to Claim 47, wherein said increasing means includes a plurality of heat generating elements.
- 52. A liquid ejecting method for ejecting 25 liquid using a bubble, comprising:

using a liquid ejecting head having an ejection outlet for ejecting the liquid, a bubble

gen rating region where a bubble is generated in the liquid, a movable member which is disposed faced to said bubble generating region, and which is displaceable between a first position and a second position farther from the bubble generating region than the first position and which has a free end at a downstream side thereof:

wherein the movable member is displaced from said first position to said second position by

pressure based on generation of the bubble in said bubble generating region, wherein said bubble expands more to the downstream side than to the upstream side with respect to a direction toward said ejection outlet by the displacement of said movable member,

thus directing said bubble toward said ejection outlet to eject the liquid through the ejection outlet; and making larger bubble generation energy for ejecting at least during a predetermined period from

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53. A liquid ejecting apparatus for effecting recording by ejecting liquid, comprising:

ejection start than thereafter.

a liquid ejecting head having an ejection outlet for ejecting the liquid, a bubble generating region where a bubble is generated in the liquid, a movable member which is disposed faced to said bubble generating region, and which is displaceable between a

first position and a second position farther from the bubble generating region than the first position and which has a free end at a downstream side thereof;

wherein the movable member is displaced from

5 said first position to said second position by

pressure based on generation of the bubble in said

bubble generating region, wherein said bubble expands

more to the downstream side than to the upstream side

with respect to a direction toward said ejection

10 outlet by the displacement of said movable member,

thus directing said bubble toward said ejection outlet

to eject the liquid through the ejection outlet; and

discharging means for discharging said liquid from the liquid flow path for the liquid to be ejected during a predetermined period in a non-ejection period at least before ejection start, using means partly constituting said liquid ejecting head.

means for changing a state of said liquid by changing a temperature of said liquid .

liquid moving means for changing a state of said liquid by moving said liquid without ejecting said liquid; and

energy increasing means for making larger bubble generation energy for ejecting at least during a predetermined period from ejection start than thereafter.